

## THRESHOLD Wave II

Each Wave and each exercise of Gateway Experience builds directly **on** preceding techniques and information. Use of Threshold exercises before having completed Discovery is not recommended. As you work with this Wave, you may find it desirable to review the frequently asked questions in the Discovery Manual.

**Focus 12 - Overview** — The high energy state and expanded awareness of this Focus level enable you to become more conscious **of** inner resources and guidance. As you continue to use what you learned in Focus 10, you may well find entirely new experiences. Rarely is **nonphysical** energy perceived in the same way we perceive in our physical, waking state. Be receptive to subtle nuances of **kinesthetic**, auditory, or visual experiences. You may sense a "knowing," a **telepathic** comprehension that can be later translated into words. With trust, patience, and practice, you will learn to perceive more clearly. Sometimes this happens slowly, step by step; sometimes dramatically and suddenly, like water breaking through a dam. Let go of preconceived notions about how these exercises "should" unfold for you. Place them in your Box at the beginning of an exercise or at any time they intrude. This opens you to a fuller and richer range of possibilities in your exploration.

### **Threshold #1: Introduction to Focus 12**

Simply relax as you are guided from familiar Focus 10 to Focus 12, and calmly observe any differences. Effort and analysis are counterproductive. With repeated experience, the distinctions become more pronounced and you come to appreciate Focus 12 as a powerful and empowering state which readily lends itself to a wide diversity of purposes.

### **Threshold #2: Problem Solving**

**Problem Solving** begins your use of Focus 12 energy for its many practical applications. Place your question or problem in the center of your consciousness, however you perceive this. Then direct it outwards to your total awareness, release it, and wait for the response. Answers sometimes come during the exercise, and may come in many forms. Among other possibilities you may perceive symbols, abstract images, or colors; "hear" thoughts in your mind; sense subtle changes in energy; experience chills, heat, or tingling; notice shifts in your feelings or level of emotional arousal; or suddenly have a clear "knowing."

If answers do not come as you listen to the exercise, take it as an invitation to heighten your sensitivities as you move through your daily activities. Open your perception, for instance, to the conversations of others, passages in books, **synchronicities**, and the multitude of wondrous ways in which guidance may reveal itself.

Problem solving in Focus 12 is facilitated by the sincerity of your desire to receive a response, the intensity of your emotion, and the clarity of your question. Expressing gratitude as you release your question is also important. This acknowledges your trust in the process and amplifies the entire exercise.

### **Threshold #3: One-Month Patterning**

**One-Month Patterning** is very powerful for taking charge of your life. Based on the principle that we become what we think, the energy **of** Focus 12 offers this process a speed and intensity in the manifesting **of** thought not generally available in ordinary consciousness.

Think, feel, or imagine the physical, mental or emotional pattern you desire in your life. Just as you did in the previous exercise, place it in the center of your consciousness and then release it. A sense of ease and detachment about the pattern lets you know that you have, indeed, released it.

Be clear about what you want. For example, do you want a new house, or to be happy where you live? To lose 10 pounds or to feel better about yourself? Pattern only in the present tense, for example, "I am now receiving ..." Use "I" in your patterning statement and perceive yourself as an active part of the pattern. Pattern only for yourself.

Be specific; the more detail in your pattern, the more likely you are to get what you want. Ask only for what you really want, because you'll probably get exactly what you ask for. Put emotion and conviction into your practice to vitalize and strengthen your intention. Then ask that your pattern work only for the good of your total self and simply let go **of** attachment to the result. Although a pattern set in Focus 12 can be changed or cancelled in Focus 12, don't keep checking or changing it because of fear or doubt. You wouldn't dig up a seed to see how it's growing, would you? Start with small, reasonable patterns. If you pattern the first time for \$10 million, part of you may well be sceptical. If you pattern for \$50 and prove to yourself it works, later patterns will come more easily.

Don't specify how your request will be fulfilled. Let your total self decide and direct the method. Though the exercise refers to "one-month patterning," you can request that patterns be fulfilled in any time frame:

a week, a year, by your birthday, etc. Or simply release the pattern to be fulfilled in its own time.

#### **Threshold #4: Color Breathing**

**Color Breathing** uses the resonance of colors to develop your ability in directing physical and **nonphysical** energy. Sound, vibration, and other sensations are as valid as visualization for the mental perception of color. One man, blind since birth, experienced different colors as having unique textures. The exercise guides you through learning to use the following colors:

green for reducing excess or harmful emotional energy;

red for increasing physical strength, speed, and coordination;

purple for restoring and normalizing your physical condition.

It's important to end this process each time you practice by perceiving your body as well, whole and perfect. You won't want to energize any condition less than the ideal. As you become familiar with this technique, feel free to experiment with other colors and to develop other purposes for yourself.

#### **Threshold #5: Energy Bar Tool (EBT)**

**Energy Bar Tool** is an extremely valuable and highly versatile tool for gathering and directing **nonphysical** energies. History and mythology abound with "power sticks" that link human and spiritual energies, ranging from the staff that Moses turned into a serpent to the **sceptors** that symbolize the power of kings and queens to the sabers of light that link the **heros** of Star Wars to "The Force." While moving through the exercise, focus on finding or creating your own very personal EBT, one that shares your energy and holds significance for you.

However vague your EBT may seem at first, continue practicing and allow it to develop. Your hands may become your EBT, rather than something external to you. You may sense the increasingly charged vibration throughout your body, or as localized, or as moving and spreading as intensity builds. Your EBT may become a roadway that leads you to further explorations. It can be used as a beacon to attract guidance or other intelligence, a vehicle for space travel, or a comforting symbol of safety and security. The forms and uses of your **EBT** are truly limitless. Practice and experiment, knowing that its power is reciprocal:

as you recharge it, it recharges you. Keep your EBT where it is always available to you and creatively use it in your daily life as well as in your **Hemi-Sync** exercises. As with all the tools you learn in the Gateway Experience, it's up to you to take it out of the tool box and use it.

#### **Threshold #6: Living Body Map (IBM)**

Since maps are an objective representation of territory, the underlying concept of the **LBM** supports the perspective and detachment useful in healing. You have doubtless recognized how the progressive nature of Gateway Experience uses previous learning as your adventure proceeds. In this exercise for influencing physical body energy, you learn a new tool while using your EBT.

You are first verbally guided to create a white mental outline around your physical body. This "map" represents a composite of your entire physical system. Then you change the outline's color to red, representing blood circulation; then blue for your nervous system;

yellow for the organs of your glandular system; orange for your muscle and bone structure. As the exercise proceeds, you **learn** to use the **LBM** to identify where healing energy is needed. Then, with your **EBT**, you are guided to direct purple healing energy to those parts of your physical body.

Remember that visualizing is not necessary for working with energy. To "think" or feel or sense a color or image is to create it. As you follow the instructions, consider this as an opportunity to "play" with the shape and form of your EBT. The verbal guidance provides a structure, but you need not adhere to it in a rigid fashion. We encourage you to experiment and be creative with all the tools, to make them yours, to be open to fresh insight about what works best for you,

**FREEDOM • WAVE III** is awaiting you as soon as you feel ready to move on. The exercises of Wave III give you a sense of ease and security as you delve further into **nonphysical** experience. You are introduced to the Continuum of Consciousness and methods for practicing **OBEs** and remote viewing. Happy adventures!